

Staying Healthy this Monsoon – Monsoon Precautions

Monsoon is looked forward to, as it provides respite from the severe summer heat. The first shower and the smell of the wet mud give us an ecstatic feeling. But while we welcome the rains, we should not ignore the unwanted health hazards that it brings along with it. **According to medical science, our body's immunity comparatively reduces and also the damp weather provides the breeding ground for many diseases.** The result is that we become more susceptible to various health problems with the onset of monsoons.

Some of the **common health issues are infections, indigestion problems, stomach upset, allergies, including cold and cough.** We generally console ourselves by saying that these are due to the change of season. Also there are some **other diseases like malaria, dengue, typhoid, viral fever, conjunctivitis, gastro intestinal disturbances, pneumonia and diarrhea.**

Tips to Stay Healthy This Monsoon

We can get rid of such illnesses during the rainy season if we can take some preventive measures and maintain a healthy regime. So, here we present below some helpful tips to stay healthy during monsoons:

Recommended DIET:

- **Eat fruits like apples, pomegranates, lime fruits, bananas etc. which can keep your body strong.**
- **Drink lots of water and fresh-fruit juices to keep yourself hydrated. Boil your drinking water before consuming it.**
- **Opt for curd and almonds in your diet.**
- **Consuming bitter vegetables like bitter gourd and herbs like neem help in preventing infections.**
- **Wheat, barley, horse gram, peas and green leafy vegetables should be consumed during the monsoons to stay healthy as they are nutritious.**
- **To increase your immunity, add garlic in your diet, especially in soups.**

Things to make your Monsoon Fun and Memorable!

Some Dos:

- If you get wet, take shower immediately. This will protect you from infections.
- If you drink boiled water, add 3-4 drops of chloride in one litre of water to kill the harmful micro-organisms and other impurities.
- Keep your house clean and pest-free. Make sure that there is no water logging in your house as it is a breeding ground for mosquitoes and bacteria.
- To stay healthy and fit, do exercises regularly.
- Increase your intake of vitamin C to help build resistance against infections and diseases.
- Dry your feet when they get wet.
- Wash your hands at regular intervals, especially when you come from outside.
- Keep children away from playing in the rain and rainy water.

Some Don'ts:

- **Avoid street food as much as possible. Also heavy food as it caused water retention and increase blood pressure. This is to be avoided for preventing skin allergies.**
- **Do not enter an air-conditioned room with wet hair and damp clothes as this can lead to a viral fever or cold and cough.**
- **Asthma or diabetic patients should not stay close to wet or damp walls as it leads to the growth of fungus and can be especially harmful.**
- **Avoid fish and meat as much as possible. The monsoon season is the best time for breeding for fish and hence fish should be avoided as it can cause stomach infection.**
- **Don't touch your face with your dirty hands as there is every chance of the flu virus to enter through the eyes, nose and mouth.**

Some Homemade remedies:

- Boil water with dry ginger to get immediate relief if you have cold and cough.
- Gargle with lukewarm saline water (salt water) if you have sore throat or pain.
- Boil water with tulsi, ginger and honey and drink the juice to treat viral fever.
- In case, you get any skin infections or allergies, boil neem leaves in water and take a bath with it.
- Make use of eucalyptus oil during the monsoons. A little inhalation of this oil can give you relief from blocked nose. You can add few drops of this oil in water, heat it and use it to steam your face. The aroma helps you to breathe easily which can relax the entire body.